PE 308 Theory and Psychology of Coaching

Chapter 5 Coaching Diverse Athletes

Key Concepts

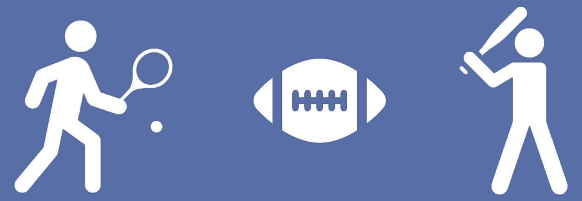
- Coaching teens and adolescents requires an understanding of developmental characteristics during the three stages of adolescence (early adolescence, middle adolescence, and late adolescence).

- Maturational differences are greater between the ages of 10 and 16 than any other time in the human life span; therefore, coaches must be sure to take maturational differences into consideration.

- Coaches must recognize the importance of cultural heritage by learning about the differences in the cultural heritage of their athletes and by coaching in light of these differences.

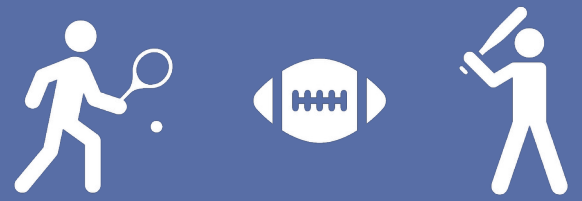
Key Concepts

- Gender differences remain relatively stable over the years, and gender inequality is the main issue regarding opportunities for girls and women to participate in sport.
- Coaches must be aware of the numerous sexual issues that exist in society and therefore appear in sport.
- Coaches have a legal responsibility to make reasonable accommodations to help athletes with physical and intellectual differences.



Diversity

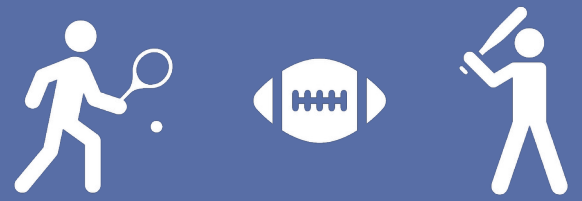
- Understanding the uniqueness and individual differences among athletes.



Developmental Characteristics of Adolescence

- 1. Early Adolescence (ages 11-14)
- 2. Middle Adolescence (ages 15-17)
- 3. Late Adolescence (ages 18-21)

Maturational Differences



- 1. Physical Maturation
  - a. Maturation matching
  - b. When the early mature loses the biological advantage
- 2. Other Maturational Differences
  - a. Intellectual maturation
  - b. Emotional maturation
  - c. Social maturation
- 3. Coaching recommendations for handling maturational differences

Cultural Differences

- 1. The role of athlete cultural heritage in coaching
- 2. Eliminating stereotypes and prejudice in sport
- 3. Setting athlete expectations without stereotypes or prejudice
- 4. Coaching recommendations for handling cultural differences

Gender Differences

- 1. Understanding gender difference
- 2. Gender equity
- 3. Sexual orientation
- 4. Coaching recommendations

Sexual Issues

- 1. Sexual Harassment
- 2. Sexual Relations
- 3. Coaching Recommendations
- 4. Sexual Abuse

Physical and Intellectual Differences

- Understanding these differences
- Types of Disabilities
  - a. Sensory impairments (deafness, blindness)
  - b. Physical disabilities (amputation, cerebral palsy, spinal cord injuries)
  - c. Mental disabilities (intellectual disabilities, learning disabilities, attention disorders)
- Together or Separate
- Americans with Disabilities Act
- Coaching recommendations for physical and intellectual differences